

Typological Features of Temperament and Properties of the Nervous System of Athletes of Team Sports

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ANNOTATION: Modern sports training puts before athletes the need to overcome extremely difficult, and in some cases, exorbitant psychoemotional and physical stress, especially in the competitive period.

This article discusses the temperament properties of athletes involved in football and basketball. The study involved 60 athletes (30 football players and 30 basketball players) of boys and youths aged 14-16 years. The testing technique assumed the identification of types of higher nervous activity, as well as the influence of temperamen on sports activities.

It has been established that choleric athletes of both groups are typical extroverts, phlegmatic people are characterized by traits of an introverted personality type, and sanguine people occupy an intermediate position.

Since the temperament of a person is directly related to the features of the nervous system, the study of psychology in groups of athletes becomes necessary. Influence of typological features of manifestation of properties of nervous system on strong-willed qualities (patience, persistence) of athletes [1].

Key words: athletes, temperament, phlegmatic, choleric, sanguine, football, basketball.

The purpose of the study. Study of temperament types of athletes engaged in football and basketball.

Material and research methods. A group was formed for the study, in which 50 athletes involved in football and basketball took part. All athletes train for at least 2 years. Participants have sports qualifications (arresters, CMS, MS). The students are athletes of the children's and youth school of the Olympic reserve No. 3, the higher school of sportsmanship, the preparatory school of the Olympic reserve of the city of Samarkand. To achieve this goal, the Eisenka questionnaire was tested [2].

Using this test, separate psychological indicators were revealed, indicating the functioning of the central nervous system, as well as the interaction of the nervous processes of athletes of certain qualifications.

The testing methodology involved the identification of the following factors characterizing the personality structure: type of higher nervous activity, introversion – extroversion [3].

Results of the study and their discussion. Eisenk's test showed that children with a choleric type of temperament predominate in the group of football players. Choleric footballers are characterized by: increased excitability, discontinuous actions. They are characterized by

sharpness and swiftness of movements, strength, impulsiveness, vivid expression of emotional experiences. Football players with choleric temperament have high indicators in terms of energy, pace and emotionality. At basketball players with temperament of the sanguine person strong-willed qualities, such as persistence, persistence are more developed, he sees a definite purpose, goes all the way the planned task, is capable to act expediently, keeping at the same time technology of movements [5].

Thus, from the graphs presented, it can be seen that choleric make up 58% in the group of football players, the remaining 42% are sanguines and phlegmatics, in the group of basketball players the percentage of choleric is lower - 21%, but sanguines prevail - 79%, phlegmatics and melancholics in the group are absent.

This data can be represented graphically.

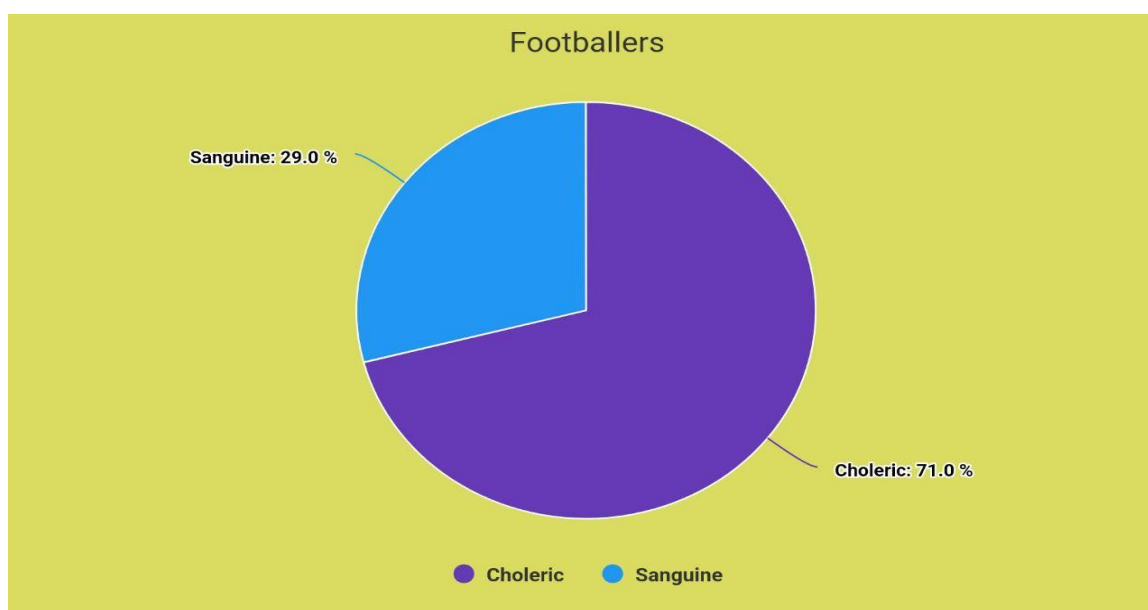


Figure 2 The ratio of choleric and phlegmatic in the group of football players.

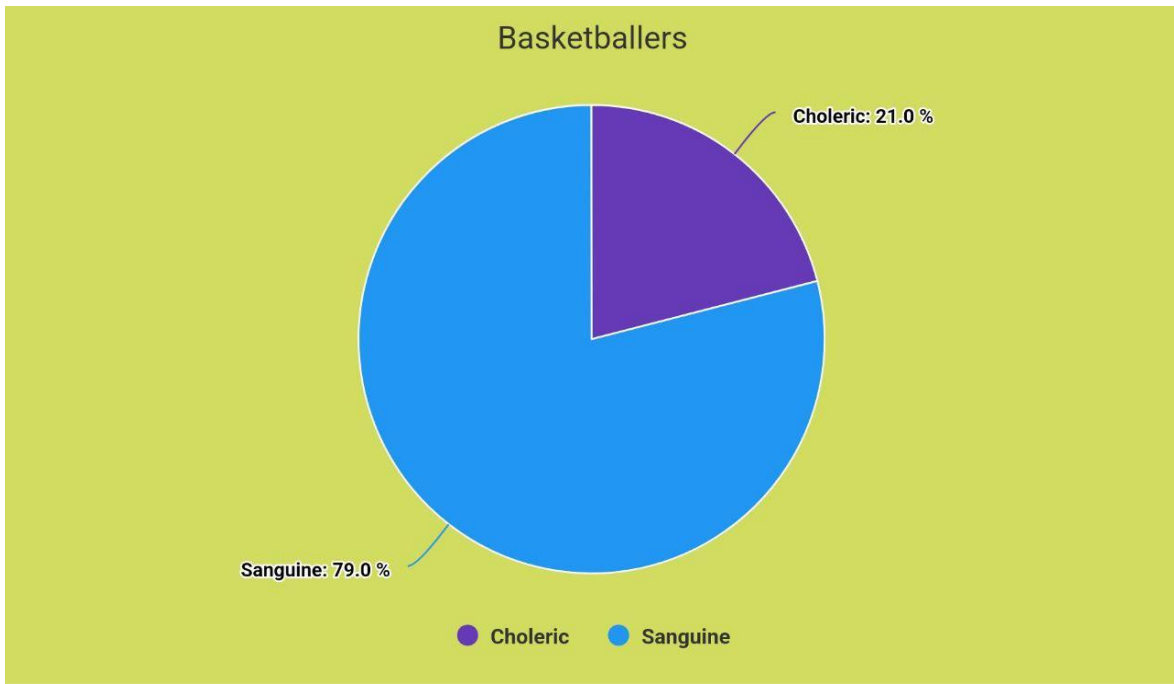


Figure 2 The ratio of choleric and phlegmatic in the group of basketball players.

Characteristic features of choleric are pronounced extroversion (sociability, impulsivity, flexibility of behavior, great initiative, but little perseverance and high social adaptability) and emotional stability or stability [6].

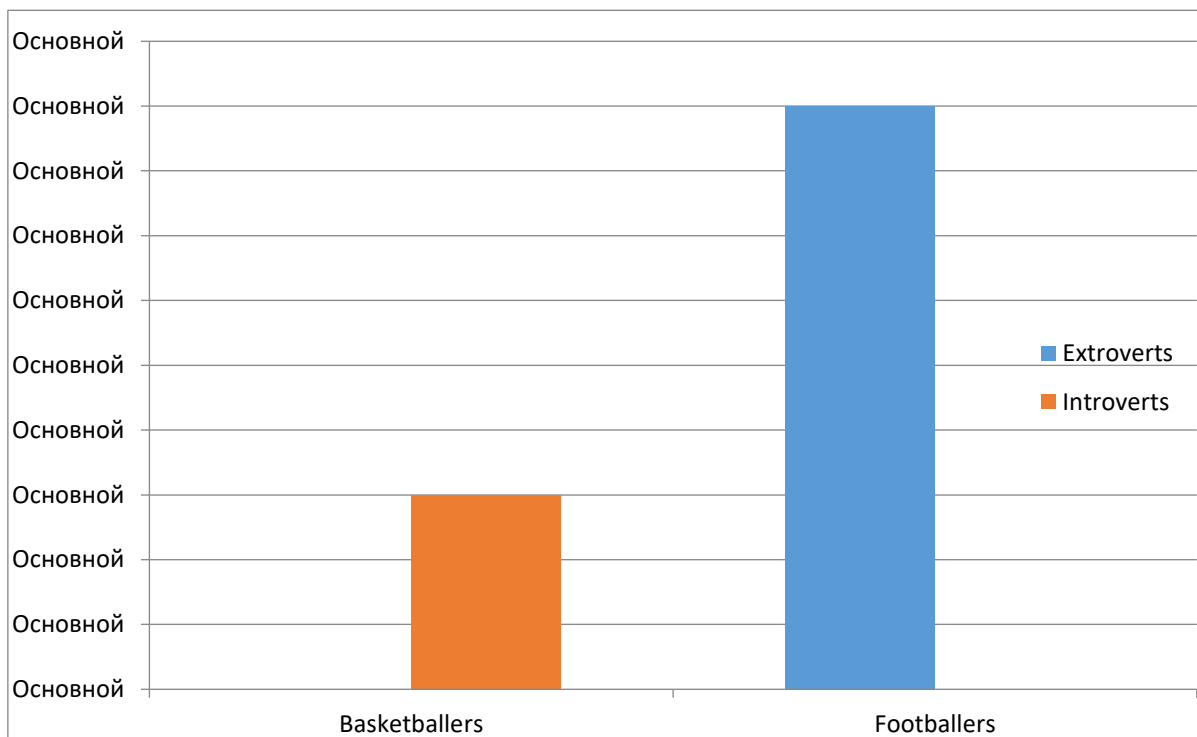


Figure. 2 Average indicators of extra- and introversion in groups.

Thus, from the graphs presented, it can be seen that children - extroverts prevail in the group of football players. In the percentage of such in the group 27%, introverts prevail in groups of basketball players (24%).

Conclusions: Temperament is one of the significant features of man. It defines the biological foundation on which the personality is formed as a social being, and the personality properties due to temperament are the most stable and long-term. The basis of temperament is, first of all, not only innate qualities, but also individually peculiar (acquired) properties, which also play an important role in the typological belonging of a person. The obtained results can be used in practical work by trainers, sports doctors for individual training activities in order to improve the quality of preparation and performance in competitions [7].

Recently, the ideas of an individual and personal approaches to a teenager have been expressed in pedagogical and psychological practice. Monitoring of personal development, planning, regulation and control of physical activity during classes in sports sections will become a necessary and mandatory element of the educational process [8,9].

Thus, for the effective management of the process of sports training, the teacher and the coach must take into account the typological characteristics of the trainees, which will expand the components of the individual approach to each athlete.

This work made it possible to evaluate the dominant types of temperament in groups of football players and basketball players. The main conclusion is that choleric prevail in the group of players, and sanguine players in the group of basketball players. In this regard, recommendations were made on individual work plans.

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